

**Teach English**  
and make a world of difference

41 York St.  
Free Teach Abroad Seminar 562-8370  
Tonight Monday March 15th @ 7pm  
University of Ottawa Campus Room 402 Fautoux Bld.

**United TESOL**  
International College of Teacher Training  
Spring TESOL Course  
March 23rd - 26th

The world's largest global newspaper

# metro

OTTAWA • MONDAY, MARCH 15, 2010

metronews.ca

**Garage too small?**  
We can help!

613.825.0707

**CapitalJunk.ca**  
Ottawa's Junk Solution

## Reveller killed during parade in Montreal

**TRAGEDY** Montreal's St. Patrick's parade came to a tragic end yesterday when a young reveller was killed after jumping from a flatbed truck.

Hours after the fatal accident, which occurred at 2:15 p.m. along the parade route that ran down the city's main street, the body of the 19-year-old man lay on the pavement, covered in plastic sheets.

Investigators said the victim was one of two young men who jumped on a float a few blocks from where the accident occurred. Then they decided to hop off the truck and that's when the victim fell under its wheels.

Montreal police spokeswoman Anie Lemieux said the second young man was treated for shock and will be questioned.

THE CANADIAN PRESS

**FIND MORE ONLINE**

SCAN LIFE  
WHAT'S THIS BARCODE FOR?

Find out on the Local page.

## Celebrity Buzz pg 14

Demi and Joe sitting in a tree ...



**On the web**  
Visit [metronews.ca](http://metronews.ca) for news updates



Search and Rescue prepare to head out yesterday to the area where a fatal avalanche struck Saturday near Revelstoke, B.C. Two men died in the slide on Boulder Mountain. More coverage, page 3.

# Tales of survival

## Everyone accounted for after B.C. avalanche: RCMP

In the seconds before a wall of snow swept over a group of about 200 snowmobilers, George Hall turned, wrapped his arms around his 13-year-old son as tightly as he could and hugged him.

The two tumbled together down the side of Boulder Mountain, tossed like rag dolls by the concrete force of the avalanche alongside whirling snowmobiles and dozens of other riders who, like them, were blindsided by the rushing wave.

Hall was knocked unconscious, coming to as rescuers dug him free to see

**"All I remember is running and hollering at my kid."**

George Hall, survivor

his son was still by his side.

"All I remember is running and hollering at my kid and I grabbed him, and that's when the snow hit us and took us down the mountain," Hall said yesterday, the day after the deadly avalanche near Revelstoke, B.C.

Hall, who came up from Montana for the annual Big

Iron Shoot-Out, was left with a huge gash in the back of his head, while his son, also named George, was banged and bruised, but otherwise OK.

RCMP said two men died. The names of the deceased were not released.

After searching for abandoned vehicles and canvassing hotel rooms yesterday, police added they have accounted for all those known to have been on the mountain.

Pierre Beaudoin, 48, had stopped along with other sledders to watch the daredevil riders cutting up and

down the mountain in a practice known as high-marking when the avalanche struck.

He revved his machine and took off, but the snow propelled him at breathtaking speeds before jolting him high into the air. He slammed into another snowmobile and continued through the air before he felt someone run over him.

Incredibly, he emerged with only a bloody nose and jumped into the pandemonium to try to help.

"It was chaos. It was panicking everywhere," he said.

THE CANADIAN PRESS

## SIU probes collision involving police SUV

TRACEY TONG  
[tracey.tong@metronews.ca](mailto:tracey.tong@metronews.ca)

**CRASH** The province's Special Investigations Unit is investigating after a red Honda Civic collided with a black, unmarked Ottawa police SUV that was stopped on the shoulder of Highway 417 yesterday morning.

Shortly after midnight, the Civic collided with the police Chevrolet SUV that was stopped on the shoulder of the westbound lanes of the highway near Woodroffe Avenue.

Ottawa paramedics arrived to find the lone occupant of the Civic, a 65-year-old woman, trapped and semi-conscious. They quickly extricated her and used advanced life-support procedures to stabilize the patient en route to the Ottawa Hospital Trauma Centre, where she was in critical condition with life-threatening injuries that included severe head trauma. Her condition later stabilized.

Paramedics said the 38-year-old male police officer suffered minor head trauma and is in stable condition at the centre.

The two police dogs in the back of the SUV were transported to animal hospital. Assistance from the specialized tactical unit paramedics, who have some veterinary medicine training and arrived on scene, was not required.

A civilian agency, the SIU investigates cases of serious injury involving police. Anyone who witnessed this incident should call 1-800-787-8529 ext. 1872.

**LASIK MD**  
VISION

Take Until 2015 to Pay!

FREE Consultation: 1-877-769-3030 • [www.lasikmd.com](http://www.lasikmd.com) • OTTAWA: Chambers Building, 42 Elgin Street

\* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only. 160 month financing, starting at 8.9% interest, and subject to Desjardins Card Services credit approval. TM® Trade-mark of Capital Sports & Entertainment Inc. Used under license.

LASER VISION CORRECTION  
Starting at

**\$490** /eye\*

**Take 5 Years to Pay!**

2015

LASIK MD is proud to be the official LASIK provider of the Ottawa Senators®

Dr Pierre Demers M.D., FRCSC 40,000 procedures  
Dr Avi Wallerstein M.D., FRCSC 50,000 procedures  
Dr Ralph Zabel M.D., FRCSC 25,000 procedures

Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald





1 DOWNLOAD THE FREE SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

metronews.ca

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA

Monday, March 15, 2010

# Local

## YSB seeks success stories

To mark its 50th anniversary, the Youth Services Bureau is looking for former clients and people whose lives were touched by the YSB to share their stories. Over the past five decades, tens of thousands of teenagers and parents in Ottawa have turned to YSB, resulting in thousands of success stories, including those who have finished their education, found jobs or received support at a turning point in their lives. Stories can be sent to [eschacherl@ysb.on.ca](mailto:eschacherl@ysb.on.ca). METRO OTTAWA

## Wright joins mayoral race

**POLITICS** The race for mayor is heating up again. Samuel Wright has entered the race for the big chair, bringing the number of candidates for mayor back up to eight. The tally of candidates peaked at nine in late February. Since the start of the year, four people have already left the race.

Former provincial minister for Housing and Municipal Affairs Jim Watson and Bay Ward Coun. Alex Cullen are the two most high-profile candidates. The deadline for registration is Sept. 10.

TIM WIECLAWSKI/METRO OTTAWA

## Grads prepare to take on job market

MIRANDA MINASSIAN for Metro Ottawa

**Every spring, Ottawa's labour market gets flooded with a batch of fresh graduates with hopes of entering the workforce.**

"I was relieved to be done school, but at the same time, was really nervous about getting a job," said Melissa Mair, a recent criminology graduate from the University of Ottawa. "The reality of job searching hadn't set in. Graduation is the beginning, not the end."

Mair isn't alone in her struggle to find a position that fits both her qualifications and experience level. "It is an employer's market and they are being selective," said Monster Canada spokesman Robert Waghorn. "Over the last year, we have seen an increase in resumés of 30 to 40 per cent."

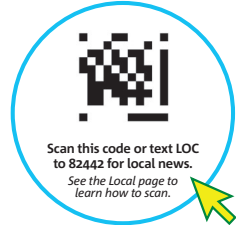


The excitement of spring graduation can be overshadowed by the stress of a competitive job market. Graduates can take steps to prepare themselves to be successful in life after school.

To avoid getting lost in a sea of online candidates, University of Ottawa job search specialist Clair Cayen suggests taking advantage of face-to-face networking opportunities. "By meeting profession-

als who are already in the field working, graduates not only make connections, but get the opportunity to reflect and stay current with what is happening in their industry," said Cayen. The good news is that

there are jobs to be had. According to Statistics Canada, youth unemployment dropped in January for the first time since the economic slowdown. And David Rodas-Wright, the co-ordinator of employer



Scan this code or text LOC to 82442 for local news. See the Local page to learn how to scan.

relations at the University of Ottawa, says there has been a return of small- and medium-sized businesses interested in recruiting on campus.

"When the economy slowed down, we noticed a drop in employer interest, particularly the IT sector," said Rodas-Wright, adding that trend began to reverse in January.

Still, new graduates need to be prepared to actively compete. In lieu of a dream job, graduates should seek out related volunteer or part-time experience, Rodas-Wright said.

metronews.ca

WHAT'S ONLINE TODAY

**Photos** Hundreds attend the St. Patrick's Day parade downtown Saturday at [metronews.ca/local](http://metronews.ca/local)  
**Immigration** Guidy Mamann on Ottawa's new "Canadian Experience Class" at [metronews.ca/immigration](http://metronews.ca/immigration)

**Lotteries**

Friday, Mar. 12  
Lotto Max: 17, 18, 19, 21, 32, 40 & 49 Bonus 6  
Saturday, Mar. 13  
Lotto 6/49: 3, 13, 15, 28, 41 & 47 Bonus 40  
Sunday, Mar. 14  
Ontario Pick 3: 425; Ontario Pick 4: 9627;  
Encore: 8182210; Daily Keno: 1, 3, 4, 5, 6, 8, 9, 10, 16, 18, 20, 28, 31, 45, 46, 50, 57, 58, 63, 68  
These results are not official.

ADVERTISE TODAY!  
1 888 91 metro (63876)

## Kidney disease can show no symptoms, sufferer says

**HEALTH** He already had diabetes and high blood pressure, but when Ottawa resident David Presley visited the doctor in November 2007, he was in no way prepared for the diagnosis. Presley, then 63, was told he had end-stage renal failure and put on hemodialysis and a transplant list right away. "I was feeling tired, but I had no symptoms at all," he said. He later switched to continuous ambulatory

peritoneal dialysis, which, along with a controlled diet, allows him to lead a relatively normal life.

Presley — who is sharing his story to raise awareness of kidney diseases during Kidney Health Month — said the problem with kidney failure is it is "often asymptomatic."

"Not a lot of people know about kidney disease," said Presley. "People think about heart disease and cancer, but not kidney

**600** There are more than 600 patients on dialysis at the Ottawa Hospital.

disease.

"I'm trying to raise awareness."

In Canada, there are more than 3,000 people waiting for a kidney transplant, which accounts for more than 70 per cent of transplants done. The average wait time is between

four and five years, Presley said. These days, he keeps active, volunteering with the Kidney Foundation of Canada. He also started organ donor awareness day at SuperEx and on April 20, will be running the Living Green Ribbon Event at city hall.

He's kept a positive attitude since his diagnosis.

"I knew what I had to do," he said. "I thought, 'I'm going to survive.'"

TRACEY TONG/METRO OTTAWA

## News in brief

**THEFT** Police are investigating allegations that a man was robbed and assaulted after accepting a ride from a man and a woman at 2:45 a.m. Saturday near Bank Street and Queensdale Avenue. The victim managed to flee and alert police, who located a car and arrested two people.

**PROSTITUTION** Ottawa police arrested four women and seven men in a prostitution sweep in the Carlington area over the first two weeks of March.

METRO OTTAWA

[www.pipsc.ca](http://www.pipsc.ca)

# For the Public Good

The Union of Public Service Professionals  
Serving Canadians



**Ontario mayor seeks bond against paper**

The mayor in Walkerton, Ont., is trying to get a peace bond slapped on an area newspaper owner. **3**  
 Charlie Bagnato is targeting the Cargill Area News over articles critical of the mayor. **THE CANADIAN PRESS**

# Canada

## PM leaves Canadian moms short: Report

**Federal cash for troubled pregnancies and newborns in Canada remains in short supply even as the Conservative government leads a global campaign to improve the health of mothers and children overseas.**

A newly released report praises a national program to help high-risk pregnant women bear healthier babies — but notes the funding hasn't really budged in a decade.

The report echoes another analysis last year that found Ottawa consistently fails to spend the money it promises to fight fetal alcohol spectrum disorder, which leaves newborns with a lifetime of afflictions.

The report, covering the five-year period ending in 2009, found the projects have helped thousands of pregnant women to quit

### Study

• The latest study, an evaluation of the Canada Prenatal Nutrition Program, examined some 330 projects that focus on women — poor, isolated, abused or addicted — who are likely to have unhealthy babies because of their own bad health or nutrition.

smoking and drinking, to eat better, to take vitamins and to breastfeed their newborns.

The result was many fewer premature births, better birth weights and generally healthier babies, all at significant savings for health-care budgets in more than 2,000 communities.

The reduction in the number of low-birth-weight infants alone saved \$1.6 million in hospital costs, says the November 2009 study.

But the authors also note "the last upward adjustment to (program) funding dates back to 1999," and call on the government to "address funding stability."

Key recommendations and comments, however, are censored in the released version.

**THE CANADIAN PRESS**



More immigration sets up political scrap for votes

Scan code or text VOTES to 82442 for more. Learn how to scan on the Local page.

## Avalanche prompts snowmobile debate

**TRAGEDY** For "sled-heads," events like the Big Iron Shoot-Out are a powerful draw into B.C.'s rugged backcountry, offering bragging rights as the main prize for participants on their high-powered snowmobiles.

But Saturday's deadly avalanche at the annual event near Revelstoke, B.C. — apparently triggered by daredevils climbing up the slope in hazardous conditions — has prompted debate even within the tight-knit snowmobiling world.

Even fellow sledders are asking whether the 200 odd people who were out on Boulder Mountain should have been there.

There were some heated exchanges on online snowmobiling forums, where users expressed frustration that avalanche warnings weren't heeded.

"Big Iron has a bad name already and now this," wrote one user on the web-



An RCMP vehicle drives towards the area where a large avalanche struck Saturday killing two people and injuring 30 others near Revelstoke, B.C., yesterday.

site snowandmud.com.

Another called it "dumb" to have held the event when conditions were considered high risk for a slide.

"Knew this was going to happen," said the post. "Kinda pisses me off when people are making it sound like it wasn't preventable."

It's still not clear what exactly triggered the slide Sat-

urday that killed at least two people, but witnesses say a small group were high-marking at the time — racing up the mountain in a competition to see who could leave the highest mark on the mountain.

The adrenaline-pumping contests have been blamed for previous avalanches.

**THE CANADIAN PRESS**

### News in brief

**CLIMATE CHANGE** When government funding for a foundation dedicated to climate research dries up at the end of the year, scientists say the aftershocks of its departure will

be felt not only in Canada, but by researchers around the globe. The 2010 federal budget, unveiled this month, offered no new cash to the decade-old Canadian Founda-

tion for Climate and Atmospheric Sciences, which is worrying some in the international scientific community.

**THE CANADIAN PRESS**

## HOME PHONE LINES

**STILL overpaying for your Home Phone Line?**

*I Saved Over \$500 Last Year with Comwave!*

Jennifer, Kamloops

ENHANCED	UNLIMITED CANADA	ONE-RATE	GLOBAL
<b>\$14.95</b> /MONTH UNLIMITED LOCAL CALLING	<b>\$19.95</b> /MONTH UNLIMITED CALLING TO CANADA	<b>\$29.95</b> /MONTH UNLIMITED CALLING TO CANADA & U.S.A.	<b>\$39.95</b> /MONTH UNLIMITED CALLING TO 25 COUNTRIES!
ALL FEATURES FREE	ALL FEATURES FREE	ALL FEATURES FREE	ALL FEATURES FREE

## ALL FEATURES FREE!



- Caller ID
- Voicemail
- Call Forwarding
- Call Waiting
- Keep Your Existing Phone Number

**TIME IS RUNNING OUT! DON'T DELAY CALL TODAY AND GET**

# 6 MONTHS FREE!

- SATISFACTION GUARANTEED!
- KEEP YOUR EXISTING PHONE NUMBER!

**comwave®**

## 613-216-6096

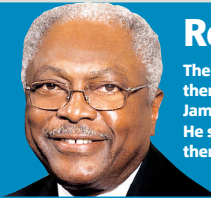
www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The rates are based on a 3 year term. Satisfaction guaranteed within 90 days. If you are not 100% satisfied, you may cancel your phone service no questions asked. Home Phone plan is limited to 3000 minutes per month. Excess minutes used will be billed at 3.59 cents per minute. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. One Rate plan does not include calls to the Yukon, Nunavut, N.W.T., Hawaii or Alaska. Rate guarantee is based on competitors lowest advertised rate for like services. 6 Months Free - You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Terms and conditions apply, see www.comwave.net for details.



The U.S. State Department is authorizing American government employees at six U.S. consulates in northern Mexico to send their family members out of the area because of concerns about rising drug-related violence. **THE ASSOCIATED PRESS**

# World



## Rep. confident reform will pass

The Democrats' chief vote counter in the U.S. House of Representatives says that right now there aren't enough votes to pass President Barack Obama's health-care overhaul. But Rep. James Clyburn, left, of South Carolina says he's confident that the legislation will pass. He says the White House and Democratic leaders in Congress have gotten to a point where there's a way to send the measure to the president's desk for his signature.

THE ASSOCIATED PRESS

## Insurgents step up Afghan attacks

**AFGHANISTAN** The Taliban unleashed a wide swath of destruction across Kandahar City over the weekend in what the militants warned was a demonstration of their resolve to fight for their heartland.

Using a combination of suicide attacks and remote controlled bombs, insurgents struck five times on Saturday and yesterday,

leaving 31 people dead and 57 injured.

The attacks, which appeared to be aimed at civilians, turned shops near a bustling market to powder and scattered bits of concrete.

The co-ordinated assaults, which also included the home of President Karzai's half-brother and a foreign construction company,

came against the backdrop of NATO's preparation for an all-out offensive this spring.

Kandahar is the spiritual home of the hard-line Islamist movement and much of the Taliban's campaign over the last four years has been aimed at retaking the centre of 800,000 people.

THE ASSOCIATED PRESS

## Celibacy not related to sex abuse: Vatican

**The Vatican yesterday denied that its celibacy requirement for priests was the root cause of the clerical sex abuse scandal convulsing the church in Europe and again defended the pope's handling of the crisis.**

Suggestions that the celibacy rule was in part responsible for the "deviant behaviour" of sexually abusive priests have swirled in recent days, with opinion pieces in German newspapers blaming it for fuelling abuse and even Italian commentators questioning the rule. Much of the furor was spurred by comments from one of the pope's closest advisers, Vienna archbishop

Cardinal Christoph Schoenborn, who called last week for an honest examination of issues like celibacy and priestly education to root out the origins of sex abuse.

"Part of it is the question of celibacy, as well as the subject of character development. And part of it is a large portion of honesty, in the church but also in society," he wrote in the online edition of his diocesan newsletter.

His office quickly stressed that Schoenborn wasn't calling into question priestly celibacy, which Pope Benedict XVI reaffirmed as recently as Fri-

day as an "expression of the gift of oneself to God and others."

In the days following Schoenborn's editorial, several prominent prelates shot down any suggestion that the celibacy rule had anything to do with the scandal. **THE ASSOCIATED PRESS**



**U.S. takes it slow on Europe nuclear withdrawal.**

Scan code or text NUKES to 82442 for more. Learn how to scan on the Local page.



## Rain, high winds wreak havoc in Northeastern U.S.

**NEW YORK** Utility crews pushed through fallen trees and windblown debris to reach downed power lines yesterday, working to restore electricity to hundreds of thousands of homes and businesses as strong winds and heavy rain that wreaked havoc in parts of the Northeastern U.S. pushed on into New England. At least two people were killed by falling trees.

The storm, which battered parts of Pennsylvania, New Jersey, New York and Connecticut on Saturday with gusts of up to 110 km/h, struck about two weeks after heavy snow and hurricane-force winds left more than a million customers in the U.S. Northeast in the dark.

More than a half-million customers in the region lost electricity at the peak of Saturday's storm, and roughly 500,000 were waiting for power to be restored yesterday morning.



A tree lies across a smashed car in Wantagh, New York, yesterday.

In Manhattan, Broadway's sidewalks and trash cans were littered with hundreds of shattered umbrellas.

One person was killed and three others were injured in Westport, Connecticut, after a tree fell on a car Saturday night during the storm, police said.

Police in New Jersey were investigating whether two people found dead Saturday

night were killed by a falling tree. The tree took down power lines as it fell.

In Hartsdale, New York, a man was killed when a large tree crushed the roof of his car and entangled it in live wires. Brendan McGrath, 58, of Auburn, New York, was found dead in his 2009 Hyundai sedan. His wife, Mary, also 58, escaped from the passenger side.

THE ASSOCIATED PRESS

## Why settle in Gatineau?

**Lower costs? Better services? Should you make the move?**

This week, we break down the numbers and weigh the benefits to find out where a better quality of life may reside.

**Don't miss Crossing the Bridge, starting March 15.**

You can catch this special weeklong series on

**CBC News Ottawa** CBC Radio One 91.5 [cbc.ca/Ottawa](http://cbc.ca/Ottawa)



### News in brief

**SOMALIA** A clan elder says a fight over land rights between two rival clans has killed at least 15 people. The fighting took place in Amara village in the country's north, far from

the capital of Mogadishu, where Islamist militants have been clashing with government troops. **THAILAND** As many as 100,000 people demonstrated

peacefully against Thailand's government at a rally yesterday, but Bangkok was kept on edge by their threat to continue protesting until new elections. **THE ASSOCIATED PRESS**



## OTTAWA

Managing Editor, Tracey Tong  
Sales Manager, Dara Mottahed

Distribution Manager, Bernie Horton

## METRO CANADA

Group Publisher, Bill McDonald  
Editor-in-Chief, Charlotte Empey

Assoc. Managing Editor, Tarin Elbert  
Enter/Lifestyle Editor, Dean Lisk  
Asst. Managing Editor, Amber Shortt

Art Director, Laila Hakim  
National Sales Director, Peter Bartram  
Interactive/Mktg Director, Jodi Brown

# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

## Comment

## Cuts promise small savings, big headaches

## InTransit

Steve Collins

metronews.ca/intransit

Transpo is slowing down this week with a reduced March break schedule, and so is city hall, adjourned for a couple of weeks of no

doubt much-needed rest.

Perhaps fatigue explains the sight of our council again reaching for the laziest of transit solutions — route cuts — thereby offering ever less service for ever more money.

Fresh from their January retreat on \$3 million in cuts, councillors are once again looking to realize savings by eliminating low-ridership routes.

Coun. Steve Desroches, who's been counting heads on Route 145 Gloucester

South Nepean, suggests it could be the next to get the chop.

That original big package of cuts would have downloaded real inconvenience onto the public, and they were having none of it. Not only that, but the \$3-million slashing would have saved less than one per cent of Transpo's operating budget (nearly \$340 million last year).

It seems almost rude to point it out, but that \$3-million ballpark figure is a fa-

## On the web

For all your transit news and service updates, check out our new transit page at metronews.ca

miliar one, seemingly the one most often pulled out of the managerial or political posterior when it's time to make another wild guess about transit.

The \$3 million was about what OC Transpo figured it would save on overtime by

going to the wall with drivers over scheduling. The results were a ruinous winter strike and an ongoing conflict over this spring's schedule.

The \$3 million is about what Transpo estimates it loses annually to fare fraud.

Instead of figuring out why more people aren't using particular routes and trying to do something about it, city council seems to be spending an inordinate amount of energy cherry-picking isolated runs that

can be snuffed out with minimal fuss. Taking more buses off the road is unlikely to boost ridership.

In a perfect world you wouldn't have to protect your services from your councillor, but since you do, vote with your butt and ride the bus. Every rider is an active supporter of transit and a reason to think twice before cutting your route.

There's safety in numbers.

Steve Collins lives, writes and walks in Ottawa; ottawaleaders@metronews.ca

## Views

## Friends, countrymen lend me your sheets

## HineSight

Anne Hines

metronews.ca/hinesight

The toughest part of writing a weekly column is the "what the hell am I going to write about" syndrome. Usually, this involves staring for hours at a blank screen thinking, "Hmmm ... cellophane. Could I say something about cellophane?" This is not nearly as much fun as it sounds.

A good column topic is intriguing, timely and, most of all, not likely to illicit reader email with the sub-

ject line "Why don't you get a real job?" Sometimes I don't manage it.

But today finding a topic is easy. It's March 15. Which means it's the Ides of March. Which means it's also the International Association of Hash House Harriers' Roman Toga Race. This is a really big day.

Some readers may now be asking, "What's this Ides stuff?" "The Hash House who?" or "Why don't you get a real job?" (Mom, stop sending me these emails).

The Ides of March is the day Roman emperor Julius Caesar was stabbed to death by a group of his closest colleagues. "Ides" denoted the 15th day of any month with 31 days. In months of only 30 days the 15th was called

... um ... likely, the 15th.

In modern times, the Ides of March is known for: 1. It being difficult to convince a politician to go for lunch; and 2. The Hash House Harriers' toga race.

The Hash House Harriers society began in 1938 when some young British soldiers decided they needed a physical fitness regime that would: a) help them get rid of their hangovers from the weekend before; and b) help them acquire a good thirst so they could hit the beer again.

They started weekly harrier races. I looked up "harrier" in the dictionary and it said "to be harried." Excellent.

The rules of harrier racing go: One person starts

running. Everyone else tries to catch them. There is no designated finish line. Basically, the game ends when someone says, "Right then. Who's for a drink?"

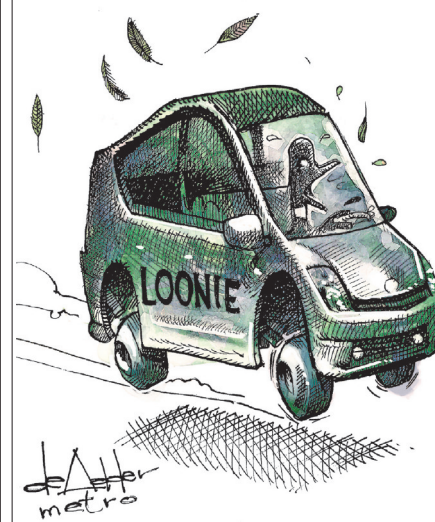
On March 15, global Hash House Harrier societies gather in Rome, put on togas and run past the spot where Caesar was stabbed. Then they all go out for a drink. Their motto is, "I mean, why not?"

So, fellow citizens, let us, too, honour Caesar. Let us don bed sheets and runneth past city hall. Or maybe just hoist a glass with friends. Your choice.

Happy Ides of March!

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

### SUDDEN ACCELERATION



Tell us your views by email to [ottawaleaders@metronews.ca](mailto:ottawaleaders@metronews.ca) or comment on [metronews.ca](http://metronews.ca) or on Twitter @metroottawa

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Ottawa 130 Slater Street, Suite 300, Ottawa, ON K1P 6E2; Tel: 613-236-5058 • 1-888-916-3876; Fax: 1-866-253-2024; Advertising: 613-236-5058 • [adinfo@metronews.ca](mailto:adinfo@metronews.ca); [ottawa\\_distribution@metronews.ca](mailto:ottawa_distribution@metronews.ca)

\$114

KITCHENER-WATERLOO

\$142

NORTH BAY

\$147

SUDBURY

\$179

SAULT STE. MARIE

\$179

TIMMINS

\$226

KAPUSKASING

\$213

THUNDER BAY

\$309

FORT FRANCES

\$310

DRYDEN

\$315

SIOUX LOOKOUT

\$319

KENORA

# SPRING FEVER!



**Bearskin Airlines**

Let the Bear take you there!

Call 1-800-465-2327 or book online at [www.bearskinairlines.com](http://www.bearskinairlines.com)

### EACH WAY FROM OTTAWA AS LOW AS...

**Catch the Fever!** Every destination is on sale now for travel ending June 30, 2010, but our best fares are for travel every Tuesday, Wednesday, Saturday, Good Friday, Easter and Victoria Day! Purchase your ticket by March 28th for maximum savings!

**Student Standby Travel Credits** are on sale for the last time this school year! Call toll free for full details. There is no faster way to travel in Bear Country and now is the best time to save, but hurry, inventory is limited at our lowest sale fares!

IT'S ABOUT TIME!



aeroplan

Kitchener/Waterloo fare is one way, and does not require a Saturday night stay. Other advertised fares require advance purchase, round trip travel and Saturday night stay and are for departures Tuesdays, Wednesdays, Saturdays, Good Friday, Easter and Victoria Day through June 30, 2010. Taxes and surcharges are extra. Call for full details.



Dennis Skulsky is stepping down as head of the publishing division of Canwest Global Communications Corp. in what he described Friday as a "very personal decision," but he'll still be involved in the next step in the newspaper company's restructuring and sale. **THE CANADIAN PRESS**

# Business

## DOLLAR

US **98.20¢**  
(Friday's close)

## N.GAS

US **\$4.4**  
(Friday's close)

## OIL

US **\$81.24**  
(Friday's close)

## TSX

**12,013.82**  
(Friday's close)

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Canadian dollar flirts with parity

The latest inflation data could move the Canadian dollar even closer to parity with the U.S. dollar this week after a strong employment report Friday sent the loonie surging.

The currency ended the week at 98.2 cents U.S. and during the course of Friday trading came within about a cent and a half of parity — its highest level since July 2008. The loonie hasn't been level with the greenback since May 2008.

The reason for the currency's latest runup was a better than expected Canadian employment report for February. Statistics Canada reported that

21,000 jobs were created last month, better than the 15,000 that had been expected by many economists. The unemployment rate fell to 8.2 per cent from 8.3 per cent.

The report served to further convince currency traders that the Bank of Canada will move to raise interest rates mid-year. And pressure on the dollar could build at the end of this week when the February Consumer Price Index is released.

"If we get a surprisingly

high reading on that front, then expectations of Bank of Canada interest rate hikes will just build incredibly higher than expected," said Doug Porter, deputy chief economist at BMO Capital Markets.

**THE CANADIAN PRESS**



Media look for future online revenue models.

Scan code or text WEBNEWS to 82442 for more. Learn how to scan on the Local page.

## China train lines High speed in the U.S.



China plans to bid for contracts to build U.S. high-speed train lines and is stepping up exports of rail technology to Europe and Latin America, Deputy Railways Minister Wang Zhiguo said Saturday. China has built 6,500 kilometres of high-speed rail for its own train system and U.S. President Barack Obama issued a pledge in November with his Chinese counterpart Hu Jintao to co-operate in developing the technology.

## Apple rewards stand-in chief

**BONUS** Apple Inc. is giving its chief operating officer a \$5 million US bonus for "outstanding performance" running the company while CEO Steve Jobs was on medical leave.

Timothy Cook, 49, will also receive 75,000 restricted stock units scheduled to vest in 2011 and 2012.

Jobs, 55, limits his salary to \$1 per year, which leaves Cook the company's highest-paid executive. In 2009, Cook received an \$800,400 salary — \$800,000 in non-stock incentive compensation; and about \$40,900 in company



Timothy Cook

matches to his retirement account, life insurance premiums and cash for un-

used vacation days.

The COO also holds 13,741 shares of Apple stock and 500,000 additional restricted stock options.

Cook took the company reins when Jobs, a pancreatic cancer survivor, went on medical leave from January through June 2009.

It was Cook's second stint leading Apple. Cook, who joined Apple in 1998, ran the Cupertino, Calif.-based company for two months in 2004 while Jobs recovered from surgery for pancreatic cancer.

**THE ASSOCIATED PRESS**

## Nortel makes profit on assets

**EARNINGS** Nortel Networks Corp., which is operating under court protection from creditors, said Friday it earned \$1.78 billion US in its latest quarter as it sold off assets and worked to wind down its operations. The company said its profit amounted to \$3.34 per share for the quarter ended Dec. 31 compared with a loss of \$2.14 billion

or \$4.28 per share a year ago. The results included \$689 million from the sale of its enterprise solutions business to Avaya Inc. and \$1.2 billion related to the sale of its wireless network business to Ericsson.

Nortel has been selling off its divisions after filing for creditor protection at the beginning of last year.

**THE CANADIAN PRESS**

## AbitibiBowater, union reach deal

**PAPER** A tentative deal has been reached between insolvent newspaper giant AbitibiBowater Inc. and the Quebec Federation of Labour.

The agreement, which was hammered out over nine days of negotiations, include wage concessions. It will affect some 1,000 workers at four pulp and paper mills across Quebec.

The deal's ratification depends on the AbitibiBowater exiting bankruptcy protection and workers will vote on the pact in the coming days.

**THE CANADIAN PRESS**

## Business in brief

**NICKEL** Vale said Friday it plans to increase nickel production at its strike-bound operations in Sudbury, Ont., after workers voted to reject the company's

latest contract offer. More than 3,000 workers represented by the United Steelworkers have gone on strike.

**THE CANADIAN PRESS**

## IT'S TIME TO VOTE!

canadianimmigrant.ca

### Vote for Canada's Top 25 Immigrants

Vote today and be entered for your chance to win a \$500 Visa\* Gift Card issued by Royal Bank of Canada.

Chance to WIN \$500 Visa\* Gift Card

canadianimmigrant.ca/top25

Presented by

In association with

Media Partners

\* Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.  
 \* Registered trademark of Visa International Service Association. Used under license. For full content details and rules please visit www.canadianimmigrant.ca/top25.



**Laptops save energy**

Are you looking into buying a new computer? Choose a laptop — it uses about six times less electricity than your traditional desktop, according to The Carbon Buster's Home Energy Handbook. **METRO NEWS SERVICES**

7

# Going Green

EDITOR: BEN.RYCROFT@METRONEWS.CA

## Going green for greenbacks

Innovative program rewarding U.S. participants for recycling

**BEN KNIGHT**  
for Metro Canada

**Taking out the trash has gotten complicated. Different bins, different pick-up days. Wouldn't it be nice if someone actually paid you to do this stuff?**

For more than a million households in the United States and Great Britain, somebody does.

RecycleBank is an incentive points program that collects recycling curbside, weighs it, and assigns points that are redeemable for discounts with local merchants.

"It's a win, win, win," says Atul Nanda, president of RecycleBank's Canadian division. "We're increasing diversion in our cities, increasing economic stimulus for the stores, and providing value-added incentive for people to increase their environmental behavior."

The program is not available in Canada quite yet, but is now running in 25 American states. Pilot programs already exist in Chicago, Los Angeles, Phoenix, Houston and Atlanta.

"We've been in discussions with several cities in Canada," Nanda says. "At this point, we don't have a firm date, but we're going to continue our negotiations. The areas we've looked at have been in On-



RecycleBank is now one of the largest loyalty programs.

tario, as well as on the west coast."

Recyclebank got some significant acknowledgement in 2009, when the company was named a United Nations Environ-

ment Program Champions of the Earth.

"To date, the material recycled by the households we service has enabled RecycleBank to save cities tens of millions of dollars

### Find out more

- You can find out more at [recyclebank.com](http://recyclebank.com)

annually in landfill disposal fees, save over 1.5 million trees, and save millions of gallons of oil," company founder Ron Gonen said in his U.N. acceptance speech.

"We have over 2,500 partners," Nanda notes. "That's larger than virtually every other loyalty program out there. We have a very robust partner list. We are also expanding our services to be more than just recycling diversion. We have an electronics e-waste program. We're also partnered in with eBay to help incentivize people for reducing."

Having recently crossed the million-home threshold, RecycleBank is aiming for sustained growth.

"I'd like to think that in three years we'll be in at least half of Canada, as well as the majority of the states," Nanda says. "Projections are very difficult to make, but based on our rapid growth so far, I think it's only going to accelerate, eventually reaching 10 or 20-million households."

And you don't even have to separate your glass, paper and plastic. RecycleBank does it all.

"We believe we have a product where — really — the sky is the limit."

## Chilling effect

Chill is a critical survey of climate change by a committed environmentalist and scientist. Based on extensive research, it reveals a disturbing collusion of interests responsible for creating a distorted understanding of changes in global climate. **METRO NEWS SERVICES**

## 5 great environmental iPhone applications

**ROMINA MCGUINNESS**  
Metro World News

Metro found five iPhone apps to help you live a greener lifestyle

### 1 Pollution

Pulls in real time air pollution data from 1,380 cities worldwide — to see how clean the air you are breathing is. You can compare different forms of pollution — from air, radiation, water and earth and the results are plotted on a Google map.

### 2 The Green Book

The portal to the New York Times best seller that goes by the same name, this app is a series of useful green tips that you can look up on a daily basis.

### 3 Good Guide

A green and ethical shopping guide whose database features some 50,000 products and states

each one's green credentials. In some cases you can even scan the products barcode to see whether or not you should be buying it or not.

### 4 Commute greener

Volvo's carbon footprint tracking tool follows your weekly journeys — be it by foot, car, bicycle, or public transport. The app tracks down your greenhouse gas emission levels and gives you tips on how these can be reduced. It allows you to compare your "performance" with others.

### 5 Seasons

What will you be eating tonight, kale or spinach? Pineapples or strawberries? This app tells you which foods are in season so that you can be more conscientious about your choices of consumption.

A bit like your very own eco chef, the app will help you devise a dinner based on locally sourced products.



# Fresh or frozen?

We'll give you answers to all your healthy eating questions.  
Call a Registered Dietitian for free.

**EatRight Ontario 1-877-510-510-2**



[ontario.ca/eatright](http://ontario.ca/eatright)



Paid for by the Government of Ontario





Ottawa developer Neil Malhotra tells our footie columnist of his plans to bring an NASL franchise to the city. The revelation is part of a bigger plan by the NASL to bring as many as six more Canadian teams into the league after 2012. Read Ben Rycroft's column at [metronews.ca/justsoccer](http://metronews.ca/justsoccer). **METRO NEWS SERVICES**

**NASL coming to Ottawa?**

# Sports



## Beckham to miss World Cup: Source

David Beckham will miss the World Cup and most if not all the Los Angeles Galaxy season after tearing his left Achilles' tendon yesterday while playing for AC Milan. His international career for England is all but over. It remains to be seen how much he'll have left for the Galaxy and Major League Soccer. "He will miss the World Cup for sure," a person familiar with the injury told The Associated Press, speaking on condition of anonymity. **THE ASSOCIATED PRESS**

EDITOR: DON.MCHOULL@METRONews.CA

## Out from the shadows

Kevin Koe's Alberta rink takes first Brier title

**Alberta skip Kevin Koe won the Tim Hortons Brier on his very first try, upending a previously undefeated team from Ontario to claim Alberta's third consecutive Canadian men's curling championship.**

The 35-year-old rallied from a nervous start to beat Glenn Howard's Ontario rink last night. On top of claiming \$40,000 as the winner, Koe and his teammates have won the right to represent Canada at the world championship next month in Cortina d'Ampezzo, Italy.

Koe sent the game into an extra end with a brilliant hit in the 10th end, and drew for one in the 11th to seal the 6-5 victory.

He had never made it to



Alberta's Blake MacDonald, Nolan Thiessen and Carter Rycroft, left to right, react to a shot in the 10th end against Ontario at the Brier championship game in Halifax last night.

the Brier before this year, an absence due in no small part to an accident in geography that has forced him to share not only a

province, but a city with iconic Edmonton-based rinks skipped by Kevin Martin and Randy Ferbey.

**THE CANADIAN PRESS**

## Blue Jays nearing \$10M deal with Cuban shortstop: Report

**BASEBALL** The Jays are close to signing 21-year-old Cuban defector Adeinis Hechavarria for a \$10 million U.S. bonus that would tie him to the team for four years, according to George King in yesterday's edition of the New York Post.

The free-spending Yankees were considered frontrunners for the shortstop but, according to King, Hechavarria's mind was changed because of the reported contract extension being negotiated by New York captain Derek Jeter.

"Especially when it comes to free agents, whether they're Latin American or real free agents, opportunity is a big component of it," a vague and non-committal Jays general manager Alex Anthopoulos explained while refusing to confirm



Scan this code or text SPORTS to 82442 for more sports. See the Local page to learn how to scan.

his interest in the prospect.

"Anyone that you look to sign is going to check the landscape and see who's competing in front of them and so on, where the opportunity can lie to get to the big leagues as fast as you can."

The Jays have been looking for an everyday solution at shortstop since Alex Gonzalez departed the scene back in the winter of 2001.

**TORSTAR NEWS SERVICE**

### Sports in brief

**NFL** The Jets have signed running back LaDainian Tomlinson to a two-year contract, adding an aging star to an offence that ranked No. 1 in rushing last season. Tomlinson's agent, Tom Condon, confirmed the deal last night. The 2006 NFL MVP was cut last month by San Diego.

**NFL** The Cleveland Browns have traded quarterback Brady Quinn to the Denver Broncos for fullback Peyton Hillis and a 2011 draft pick.

**THE ASSOCIATED PRESS**

### SCOREBOARD

#### NHL

##### YESTERDAY'S RESULTS

N.Y. Islanders 4 Toronto 1  
Colorado 5 Dallas 3  
Nashville 3 Los Angeles 2  
N.Y. Rangers 3 Philadelphia 1  
Phoenix 3 Atlanta 2 (SO)  
Pittsburgh 2 Tampa Bay 1  
Washington 4 Chicago 3 (OT)  
Minnesota 4 St. Louis 2  
San Jose 4 Anaheim 3  
Calgary at Vancouver



**WITH THE MOST HD SPORTS, YOU'LL NEVER MISS THE BIG GAME.**

**FREE ROGERS HD BOX**  
\$249 VALUE

**WHEN YOU TRADE IN YOUR SATELLITE RECEIVER.**

- Get over 4X more HD programming than satellite\*
- Exclusive HD On Demand
- More reliable than satellite in extreme weather conditions

**IF YOU'RE NOT WITH ROGERS, YOU'RE MISSING A LOT.**

Go to [rogers.com/LoveHD](http://rogers.com/LoveHD), call 1 866 622-7550 or visit a Rogers Plus store or an Authorized Dealer.



\*Based on comparing Rogers total number of HD program choices to other HD service providers within Rogers serviceable area. †Available for a limited time to customers who do not have Rogers Cable TV service. Subject to change without notice and may not be combined with any other discount. Free digital HD box with Rogers Digital TV subscription (min. 2-year term required) and relinquishment of satellite receiver and remote to Rogers. Early cancellation fee applies. ‡Trademarks of or used under license from Rogers Communications Inc. or an affiliate. © 2010 Rogers Cable Communications Inc.



**Applications to Ontario universities rise among secondary students**

The Ontario Universities' Application Centre released its March undergraduate application statistics yesterday, showing a 2.6 per cent increase in applications among high school students compared to March 2009 figures. **METRO NEWS SERVICES**

9

# Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

## UBC tops Webometrics ranking

The University of British Columbia is the highest-ranking Canadian institution in Cybermetrics Labs' biannual Webometrics Ranking of World Universities, which measures universities' performance and impact through their online presence. UBC placed 35th overall. The other Canadian universities to make the top 100 are uToronto (36), SFU (61), uAlberta (67), uMontréal (75), McGill (78), and uWaterloo (97). **METRO NEWS SERVICES**

# Where does work stop and home life begin?

**SYLVIA PUTZ**  
for Metro Canada



**Bringing work home regularly from the office is something many of us do—about 50 per cent, according to a recent University of Toronto work-life study. And not surprisingly, it intrudes into our personal lives.**

"Nearly half the population reports that people bring work home 'sometimes' or 'frequently,' which is particularly concerning given that the negative health impacts of an imbalance between work life and private life are well documented," said University of Toronto sociology professor and lead researcher Scott Schieman.

Schieman and his colleagues measured the extent to which work was interfering with personal time using data from a national survey of 1,800 workers. They found it to be high among several types of workers, including those employed in "high-status" areas, and those who work in stressful workplaces.

The high-status workers reporting interference are ones with job authority, high job skills, high personal earnings, and decision-making latitude. These are people who are more likely to be university or college-educated, or to be professionals, such as lawyers or doctors.

"People who are well-educated, professionals and those with job-related resources report that their work interferes with their



To obtain a better work-life balance, one should always separate their work life and their home/family life.

**"Nearly half the population reports that people bring work home 'sometimes' or 'frequently.'"**

U of T's Scott Schieman

personal lives more frequently, reflecting what we refer to as "the stress of higher status," reports Schieman.

In fact, a high-status worker who puts in long hours (50 hours or more per week) and has some or complete control over their work schedule is associated even more strongly with work interference at home.

High-status workers may

have benefits and perks associated with their jobs, and that may help soften the impact of taking work home, but it doesn't change the reality that work often takes a large bite out of their personal life, says Schieman.

Another type of worker who has a high level of work interference into their private life is one who works in a stressful work environment with

### Better balance

- Here are some tips for a better work/life balance:
- Look after your health first. Get enough sleep, eat regularly and choose healthy food options, take time out for relaxation and exercise at least three times a week;
- Schedule "me" time regularly to get away from it all. Even an hour a week is important to decompress and regain perspective;
- Manage your time more effectively by creating to-do lists, prioritizing tasks, and setting time limits;
- Learn to say no;
- Separate work and family life;
- Use your annual leave;
- Obtain a flexible employer;
- Consider taking a career break or a "sabbatical" leave when needed.

problems such as interpersonal conflict, job insecurity, or a high-pressure situation. These workers don't have much power to set the pacing of their work.

If you are in this unenviable position, you may want to renegotiate the timing of your work.

"Note that excessive pressures are less problematic for those with control over the pace of their work," says Schieman.

And when that isn't the case, such as it is among some high-status workers, it may help to "recognize that sometimes higher-status work is a key contributor to stress that results in a work-family imbalance," he says.

## Outrageous interview mistakes revealed

**SURVEY SAYS** With competition hot for open positions, the pressure is on for job seekers to have flawless interview skills. Sometimes that pressure can cause candidates to make unusual, and sometimes unfavorable, interview mistakes. A new CareerBuilder survey of more than 2,700 hiring managers reveals the outrageous and common mistakes that some candidates have made in job interviews.

When asked for the most unusual blunders they'd encountered while interviewing candidates, hiring managers reported the following:

- Candidate wore a business suit with flip flops.
- Candidate asked if the interviewer wanted to meet for a drink after.
- Candidate had applied for an accounting job, yet said he was "bad at managing money."
- Candidate ate food in the employee break room after the interview.
- Candidate recited poetry.
- Candidate applying for a customer service job said "I don't really like working with people."
- Candidate had to go immediately to get his dog that had gotten loose in the parking lot.
- Candidate looked at the ceiling during the entire interview.
- Candidate used Dungeons and Dragons as an example of teamwork.
- Candidate filed fingerprints.

In addition to the most unusual gaffes, employers shared the most common mistakes candidates made during an interview:

- Dressing inappropriately;

### Interview tips

- **Stay positive:** No matter how tempting it is, don't say negative things about a previous employer, regardless of how the job ended.
- **Research, research, research:** When you walk into an interview knowledgeable about the company, the role and recent news in that industry, you show the hiring manager you value their time and that you want to be part of the organization.
- **Keep it professional, not personal:** Don't let business decorum disappear even if the interview is in a casual setting.
- **Practice makes perfect:** Nerves are likely to rear their head in an interview, so help calm them ahead of time by practicing.

ately;

- Appearing disinterested.
- Speaking negatively about a current or previous employer;
- Appearing arrogant;
- Answering a cell phone or texting during the interview;
- Not providing specific answers;
- Not asking good questions.

"With heightened competition for open positions in today's economy, it's important for candidates to put their best foot forward in an interview," said Rosemary Haefner, vice-president of human resources for CareerBuilder. "You want to stand out for the right reasons. Even though the job search process can be frustrating, candidates should stay positive, focus on their strengths and be prepared on how to best sell their skill set."

**METRO NEWS SERVICES**

OVER 110 YEARS OF TRUST!

**Be a Willis Graduate...**  
**...Don't compete with one!**

Health Office Administrator - Pharmacy Assistant

613-233-1128 • [www.williscollege.com](http://www.williscollege.com)

Ottawa • Smiths Falls • Toronto • Cobourg • Thunder Bay • Barrie • Sault Ste. Marie • Belleville



**WILLIS COLLEGE**  
OF BUSINESS, HEALTH AND TECHNOLOGY

EST. 1896



**REGISTER NOW!**



# Women overtake men on top

JON TATTRE  
for Metro Canada



**Women have overtaken men in top management positions in the U.S. workforce, a recent study has found.**

Kim Keister, executive editor of AARP Bulletin, had his curiosity piqued when he read media reports that women had overtaken men in the workforce as a whole. He investigated and found that wasn't true — but in the process uncovered the fact that women workers now hold 51 per cent of all professional and management occupations.

"The fact that there are more women in management positions than men is a recent phenomenon," he said. Educational trends suggest that number at the top will grow as younger women progress through their careers. Women earn 60 per cent of masters degrees, 58 per



An AARP Bulletin study found women hold 51 per cent of all professional and management occupations.

cent of all post-secondary degrees, half of the medical degrees and 48 per cent of legal degrees, he says.

While there are women

at the pinnacle of power, with Oracle president Safra Catz topping the list with a salary of \$42.5 million in 2008, that may not be representative, Keister

warned. "I really doubt that women are very well represented at the highest levels of business, but that's just my instinct."

Despite the changes at

## Facts on women

- Fortune 500 companies headed by a woman: 15;
- Women-owned businesses in the U.S.: 10.1 Million;
- Working women age 50+ in professional, management or business occupations: 42 per cent;
- Women who are household's primary breadwinner: 40 per cent;
- Women who made minimum wage or less, 2008: 1.5 million.

AARP BULLETIN—  
JANUARY/FEBRUARY 2010

the top of the workforce, his research found women still earn \$0.80 for every \$1 men take home. He said the gap shows "progress, but there's a long way to go."

Another encouraging trend the AARP article pointed to was that while 10 per cent of women aged over 50 hold management positions, so do eight per

cent of women under 50, indicating younger women workers are climbing the corporate ladder quicker.

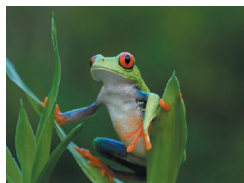
"I think that's encouraging because (50+) women in the workforce have had a lot of time to rise to management positions. Under fifty, not so much, yet there's not much disparity," he said.

The high levels of university participation among women raises the question of why that doesn't directly translate to even higher levels of management jobs, but it may be because women tend to delay or pause their careers to raise children more often than men. "We have better-educated mothers to raise better-educated children," Keister said.

He compared the findings to a 1900 census that found just 20.6 per cent of women "engaged in gainful occupations."

"We've come a long way from the 1900s," he said.

## Teach English & Discover Fabulous Costa Rica



Looking for a meaningful experience and vacation? United TESOL is pleased to announce the launch of the New Advanced Practicum Placement Program in sunny Costa Rica.

Spend six incredible weeks teaching English as second language in Costa Rica all while completing your TESOL certification program. Program participants spend 6 weeks in Costa Rica completing United TESOL's intensive TESOL certification program while gaining practical teaching experience teaching English as a second language to various community members via the advanced practicum placement program.

Practicum teaching placements are supervised by an experience mentor ESL teacher trainer from United TESOL. Program participants teach Monday to Thursday only.

United TESOL is currently accepting registrations for the upcoming Spring course session starting on Sunday March 28th, 2010.

Costa Rica Spring TESOL Certification program and Teaching Placement: March 28th to May 7th, 2010.

Program Costs: \$2550,00 Program fees include TESOL certification, all course materials, textbook, taxes, accommodations and most meals. For specific details and placement options, please contact United TESOL directly.

United TESOL will be hosting a Free Seminar this evening at the University of Ottawa. Room 402 in the Fauteux Bld. at 7 pm.

For more information or to reserve your seat call 562-8370 info@unitedtesol.com



**United TESOL**  
International College of Teacher Training



## Are you, or is someone you know, new to Ottawa?

The NIC can help make settling here easier. We provide information related to jobs, housing, education, training and much more for newcomers to Canada.



**NIC+INA**

NEWCOMER INFORMATION CENTRE  
INFOCENTRE DU NOUVEL ARRIVANT

A World of Opportunity  
Tout un univers à découvrir

240 Catherine Street, Suite 308  
613-238-5462

[www.nic-ina.ca](http://www.nic-ina.ca)



Funded by

Citizenship and  
Immigration Canada

Citoyenneté et  
Immigration Canada



## Arctic research lab to close over lack of government funding

Scientists with the Polar Environment Atmospheric Research Laboratory (PEARL), located 1,100 kilometres from the North Pole, announced this week they plan to shut down the lab, as the latest federal budget did not include new money for the Canadian Foundation for Climate and Atmosphere Sciences. **METRO NEWS SERVICES**

# Ask the BlackBerry guru

## OddJobs

**Diane Peters**

Metronews.ca/oddjobs

When anyone in Darci LaRocque's family got a gift that required assembly — a fish tank, a piece of electronics — she'd always be the one to put it together.

Her technical prowess showed up again when, as an adult, she worked at a bank and showed all her coworkers how to better use their computers' software.

When the bank got bought out by a larger one, she took a buyout and went back to college to study computer systems management.

After graduation, LaRocque — who is 45 now and was in her 30s when she changed careers — got hired by Vancouver Coastal



Have any BlackBerry questions Darci LaRocque, knows the answers.

Health in its information technology department. She enjoyed implementing new hardware and software, but not leaving staff to learn things on their own. "The training was scant, if you gave any at all."

She helped the company set up its executives on BlackBerrys in 2001. But everyone had questions. "I was inundated every time I left my office with 'How do you do this?'" recalls

LaRocque. A year later, she booked a boardroom and invited the 400 users of BlackBerrys at the organization to a lunch-and-learn session.

She was shocked when 200 said they'd like to come. LaRocque began running classes every two weeks. "They were full classes and everyone raved about it."

In 2007, convinced that training on the mobile device was so badly in need

elsewhere as well, LaRocque quit her job and started Swirl Solutions out of her home.

Through her contacts, LaRocque soon found businesses to hire her for two- or three-hour workshops on basic, advanced and money-saving BlackBerry skills training.

She spends her days teaching around Vancouver, but also travels to cities like Toronto and Chicago. Most of her sessions are offered through workplaces, but she's doing her first open-to-the-public course in Vancouver this April.

She's also started offering webinars on her website. And when LaRocque is not teaching, she's keeping up-to-date on all the latest in BlackBerry technology.

That means reading news on the web, checking out apps (with upwards of 800 of them, she admits she can't learn them all), and reading manuals, which she actually enjoys.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

## The Lowdown

**Job title:** BlackBerry trainer

**Salary:** \$100,000 plus

**Education/training:** Computer and IT experience, BlackBerry training certificate

**Best Part of the Job:** "The peo-

ple I meet and the satisfaction of knowing their next trip won't cost them three grand."

**Worst Part of the Job:** "How fast the technology changes."

## SCHOOL BUS DRIVERS NEEDED

Steady Part-Time and Spare, especially for the West End. Generous training allowance!

Great for stay-at-home parents, retirees or home-based professionals. Free training. No evenings and weekends. School holidays off.

E-mail: [ottawa.recruiting@firstgroup.com](mailto:ottawa.recruiting@firstgroup.com)

**CALL TODAY!**  
**613-688-0653**

\*Varies by location

**First Student Canada**

**Alliance Française**  
Language Training & Cultural Centre

## GET READY FOR FEDERAL EXAM

Discover our Preparation for Federal Exam (B & C)



Preparation for Level B or C Oral  
8 weeks - 48 Hours - Tues. & Thurs. - Evenings  
Preparation for Level B or C - Reading and writing  
8 weeks - 48 Hours - Mon. & Wed. - Evenings

**YOU CAN REGISTER NOW!**

To know more about our language training programs:

Alliance Française of Ottawa  
613-234-9470 ext.224  
[www.af.ca/ottawa](http://www.af.ca/ottawa) - french@af.ca

**NEW!**  
Session Starts on Mar. 22nd

## Rich Dad's Solution to the Economic Crisis on Wall Street

**PROTECT Yourself & Even PROFIT In Today's Volatile Market**

Now is **NOT** the time to rely on banks and brokers who get paid even when your portfolio tanks.

You need solid information that can help YOU TAKE CHARGE and PROTECT your own financial future.



### RICH DAD HAS A PLAN - LISTEN TO HIM WHILE THERE'S STILL TIME

**Robert Kiyosaki**, author of the runaway bestseller *Rich Dad Poor Dad*, saw this crash coming **six years ago!** He wrote about it in his book, *Rich Dad's Prophecy*. That book not only said the biggest stock market crash in history was coming — it also outlined a **plan to prepare yourself and potentially profit from it.**

### IT'S STILL NOT TOO LATE!

Our FREE Stock Success Workshop will show you how to:

- Protect Your Portfolio Even when Stock Prices Are Melting Down
- Create Cash Flow when Stock Prices Are Bouncing Up and Down
- Risk Management Strategies that Keep You Protected at All Times
- Profit from Stock without Owning It

### ATTEND A FREE WORKSHOP

At Rich Dad's FREE Stock Success® Workshop, Robert's team of experienced trainers will show what you must do **RIGHT NOW** to safeguard your future and the future of your family. Come discover a step-by-step plan to take charge of your finances and GET BACK ON THE ROAD TO SUCCESS!



### RICH DAD'S FLASH DRIVE

USB Drive, pre-loaded with a wealth of information including:

- An excerpt from Robert's book *Rich Dad's Prophecy*
- Exclusive online tools, articles and products
- Information about special events featuring LIVE session with Robert Kiyosaki
- BONUS!** Access to *Conspiracy of the Rich: The 8 New Rules of Money* — Robert's newest interactive online book



**Yours FREE just for attending the workshop!**

COMING TO THE OTTAWA AREA ON MARCH 16 OR 17

DON'T WAIT CALL NOW TO REGISTER OR REGISTER ONLINE AT

**1-800-831-6340**  
[www.richdadstock.com](http://www.richdadstock.com)

**FREE LIVE EVENT**

Results from programs are based on individual effort and other factors. The company's products are for educational purposes only. The company is not a registered investment advisor or a broker-dealer. Stocks and Options trading have large potential rewards but also involve large potential risks. Additional products and services will be offered for sale. The Rich Dad® word mark and logos are owned by CASHFLOW Technologies, Inc. and any use of such marks by Rich Dad Education, LLC is under license. © 2009 Rich Dad Education, Ltd. All rights reserved. 09RDES0076a V1 2-09

Robert Kiyosaki will not attend this workshop.

## Apply Now OPEN HOUSE

Tuesday March 16th, 2010  
8 am to 5 pm



### Contact Centre and Customer Care

We have immediate openings for bilingual call centre talent to fill permanent and temporary positions. If you're looking to join a top-notch organization this may be the opportunity for you.

**Permanent and temporary positions available.**

### Other opportunities:

Bilingual Customer Care \$29,000 - \$31,000  
Bilingual Customer Service Representative \$13.25 hourly  
Bilingual Account Specialist \$32,500  
Bilingual Customer Service (science background) \$31,000

**Interested?** Please drop by - no appointment is necessary.

Or contact Ashley, Sarah or Carolyne

T. 613.688.5556  
[Customer.ot@randstad.ca](mailto:Customer.ot@randstad.ca)

**Randstad National Capital Contact Centre**

52 Elgin (at Queen)  
Ottawa ON K1P 5K6

T. 613.688.5556  
F. 613.688.5566

[randstad.ca](http://randstad.ca)

**randstad**

Staffing | Professionals | HR Solutions | Inhouse Services



The University of New Brunswick is eliminating nine jobs at its Fredericton campus due to shortfalls in the school's operating budget. Six of the affected positions are in the institution's integrated technology services unit, and the majority are senior-level administration jobs. **METRO NEWS SERVICES**

### Workology in brief

**RACIST INCIDENTS REPORTED AT QUEEN'S** In a statement released on Friday, Queen's University reported that last week, three vehicles in the An Clachan residence parking lot were vandalized with racist graffiti. The university also received information about an incident in a school library where a student experienced disparaging remarks about their faith and culture. The statement stresses that "racist actions and attitudes have no place at this University."

QUEEN'S MEDIA RELEASE

## Driving and dialing on the rise: Study

**While smart phones have made it easier for workers to stay connected to the office, they may not be a good idea for every commute.**

According to a new CareerBuilder survey, more than one-half (54 per cent) of workers who have a smart phone or similar device said they check it when driving a vehicle. Comparing industries, sales workers (66 per cent)

used their smart phones while driving more than any other group surveyed, followed by 59 per cent of professional and business services workers and 50 per cent of health-care workers.

Some workers admit they may be risking safety on the road to check their phones because they feel pressured to do so. Twenty-one per cent of workers say they check their mobile de-

vice every time it vibrates or beeps and 18 per cent report they are required by their company to be accessible beyond office hours via mobile device. Also, 14 per cent of workers said they feel obligated to constantly stay in touch with work because of the current tough economy.

In addition to driving, workers with smart phones said they are checking in with the office on their smart phones from virtually anywhere and everywhere, including:

- During a meal;
- On vacation;
- While in the bathroom;
- Lying in bed at night;
- At a movie, play, musical, etc.;
- On a date;
- Working out at the gym;
- At a child's event of function;
- At church;

"It is challenging for workers to maintain a good work/life balance when they are constantly con-

nected to the office, so turning their devices off is important for their health and safety," said Rosemary Haefner, vice-president of human resources for CareerBuilder. "The lines between work and life can be very blurry these days — 17 per cent of workers said they feel like their work day never ends because of technology connecting them to the office.

To re-

duce burnout and avoid potentially risky behaviour, workers should allot technology-free time when away from work."

Here's some advice:

• **Turn off your smart phone when driving:** Not only is it illegal to use your phone without a hands free device in some provinces, but using your mobile phone while driving is dangerous to you and others on the road.

• **Set priorities for outside of work:** Twenty-three per

cent of workers who are required to be accessible beyond office hours report that being too connected has caused issues or arguments with their friends and family.

• **Have a back-up plan in place:** If you anticipate being needed outside of the office, plan to have an out-of-office message or voicemail up, or leave contact information for others familiar with your area of the business.

METRO NEWS SERVICES



## COLLEGE DIPLOMAS IN HEALTH CARE!



### Fitness and Health Promotion

- 43 wk program 4 wk externship
- CanFitPro Onsite testing centre including
- FIS PTS NWS Certifications

### Medical Office Assistant

- 30 wk program including 4 wk co-op work placement
- 9 am or 1 pm class start time

### Personal Support Worker

- 24 wk program including 11 wk co-op work placement
- NACC endorsed

### Pharmacy Technician

- 40 wk program with 8 wk co-op work placement
- CCAPP accredited



**ALGONQUIN CAREERS ACADEMY**

1644 Bank Street 613-722-7811 [www.algonquinacademy.com](http://www.algonquinacademy.com)

## YOU HAVE THE SKILLS. PUT THEM TO WORK IN CANADA.



The Government of Canada's new Foreign Credentials Referral Office helps newcomers who are looking to put their skills to work in Canada. The federal government has reached an unprecedented agreement with the provinces and territories to speed up the assessment and recognition of foreign qualifications.

Get information on how to put your training and knowledge to work at:

**[www.credentials.gc.ca](http://www.credentials.gc.ca) 1-888-854-1805 (TTY: 1-800-926-9105)**

Or visit us at one of more than 300 Service Canada centres nationwide.



Government  
of Canada

Gouvernement  
du Canada

Canada

## Trading Places

Ryan Reynolds and Jason Bateman will switch bodies in a new buddy comedy movie. The pair has signed to play a family man and his lazy pal in *The Change-Up* — written by the scribes behind *The Hangover*. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)

13

# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

## Haim death probed

**The name of the late Toronto-born actor Corey Haim was found on a fraudulent prescription for a powerful painkiller that authorities said Friday was obtained through a major drug ring.**

California Attorney General Jerry Brown's office said records of the prescription in the name of the former teen heartthrob were found during an investigation of the ring that illegally obtained prescription pads and used the stolen identities of doctors to fill them out.

"Corey Haim's death is yet another tragedy linked to the growing problem of prescription drug abuse," Brown said in a statement. "This problem is increasingly linked to criminal organizations, like the illegal and massive prescription drug ring under investigation."

Los Angeles County coroner's officials, however, said they have not yet determined what killed the 38-year-old Haim last week. The actor is expected to be buried at a private funeral in Toronto, which could

take place as early as today.

State law enforcement authorities said they were investigating the drug ring and how the name of Haim, who battled addiction for years, appeared on the prescription.

Javier Salaiz, an investigator with the state attorney general's office, said authorities have not yet confirmed that Haim actually filled the prescription or if someone was using his name to acquire the prescription.

However, a person familiar with the investigation who spoke on condition of

anonymity because the case is ongoing said Haim may have been doctor shopping.

Assistant Chief Coroner Ed Winter said four prescription drug bottles bearing the actor's name were found in the apartment where he collapsed, but all those drugs had been provided by a doctor who had been treating the actor.

The coroner's office has declined to state what medications were discovered, but said no illegal drugs were found.

Winter said no determination had been made

### Dance partner

Dancing with the Stars has imported a new professional dancer from Down Under to team up with Pamela Anderson. Damian Whitewood has joined Dancing's 10th season. [PEOPLE.COM](http://PEOPLE.COM)



A funeral for actor Corey Haim will take place in Toronto this week.

about Haim's cause of death, and toxicology tests would not be available for at least a month.

Haim's agent, Mark Heaslip, said his client's medications were prescribed by an addiction specialist who was working

with the actor. He said he thinks, based on what Haim's mother has told him, the actor may have had an adverse reaction to the medication because he was ill. "I don't think Corey overdosed, not at all," he said.

THE ASSOCIATED PRESS

### Weekend box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theaters, according to Hollywood.com:

- |   |  |
|---|--|
| <b>1</b> <b>Alice in Wonderland:</b><br>\$62 million US | <b>6</b> <b>Our Family Wedding:</b><br>\$7.6 million |
| <b>2</b> <b>Green Zone:</b><br>\$14.5 million           | <b>7</b> <b>Avatar:</b><br>\$6.6 million             |
| <b>3</b> <b>She's Out of My League:</b> \$9.6 million   | <b>8</b> <b>Brooklyn's Finest:</b><br>\$4.3 million  |
| <b>4</b> <b>Remember Me:</b><br>\$8.3 million           | <b>9</b> <b>Cop Out:</b><br>\$4.2 million            |
| <b>5</b> <b>Shutter Island:</b><br>\$8.1 million        | <b>10</b> <b>The Crazies:</b><br>\$3.7 million       |

THE ASSOCIATED PRESS

### WEEKLY OFFERS

**YOU COULD WIN A PAIR OF PASSES TO SEE COOKING WITH STELLA!**  
IN THEATRES MARCH 19TH

Visit **clubmetro.com** and enter for your chance to WIN!

To register and for full contest details visit [clubmetro.com](http://clubmetro.com)

WIN A TRIP FOR FOUR TO INDIA COURTESY OF

GO TO [WWW.COOKINGWITHSTELLA.COM](http://WWW.COOKINGWITHSTELLA.COM) FOR DETAILS!

## METRO OTTAWA would like to celebrate our 5<sup>TH</sup> ANNIVERSARY by giving you a chance to WIN a...

**CalderaSpas®**  
Pure Comfort

**CLUB PRO SPAS**

## ...HOT TUB FROM CLUB PRO SPAS!

OTTAWA'S LARGEST SELECTION OF HOT TUBS • [CLUBPROSPAS.COM](http://CLUBPROSPAS.COM)

The Caldera Spas C30 hot tub has room for 6 adults to enjoy the 30 massaging jets, cascading waterfall and soothing L.E.D. underwater lighting.

Visit **clubmetro.com** and enter for your chance to WIN!

Colour is not exactly as shown. To register & for full contest details visit [clubmetro.com](http://clubmetro.com)



# CLUB METRO WEEKLY OFFERS

YOU COULD **WIN**

A 55" LG INFINIA™ LED LCD TV AND A COPY OF THE FILM!

**THE MEN WHO STARE AT GOATS**

Available March 23rd



YOU COULD **WIN**

A WHIRLPOOL WASHER AND DRYER SET DURING WHIRLPOOL WEEK AT FUTURE SHOP.

Brought to you by:



**FUTURE SHOP**



visit **clubmetro.com** and enter for your chance to WIN!



To register and for full contest details visit clubmetro.com

metro

metronews.ca

Monday, March 15, 2010

## 14 entertainment

### Celebrity Buzz

# Jonesing for a Jonas

**HAVEN'T YOU LISTENED TO TAYLOR SWIFT'S ALBUM?** Demi Lovato has confirmed longstanding rumours she's dating Joe Jonas, calling the Jonas Brothers star "perfect" and "incredible," femalefirst.co.uk reports.

The Disney sensations grew close after appearing together in movie-musical Camp Rock in 2008. They sparked rumours of a romance in October when

they were spotted on a double date at a Toronto restaurant with Joe's older brother Kevin and his now-wife Danielle Deleasa.

Lovato dismissed reports of a relationship back in November, insisting they "don't have feelings for each other in that way."

But she has now come clean about her romance with Jonas — admitting they are a couple and gushing about their relationship in a new U.S. interview.

Access Hollywood's Billy Bush asked, "So you guys went from boyfriend-girlfriend to best friends?"

Lovato said, "No, kind of the opposite." She added, "Yeah (we are dating), he is my best friend and he is incredible. He's perfect."

METRO NEWS SERVICES



GETTY IMAGES

# Everyone take a chill pill

**BUT TO BE FAIR, A PRECEDENT HAS BEEN SET HERE, LADY** Jennifer Aniston insists she isn't dating The Bounty Hunter co-star Gerard Butler, and she finds it fascinating that people always try to link her to her co-stars.

"Gerard is lovely, he's a real nice guy," she says, ac-

cording to Hollywood Grind.

"But it seems I get linked to all my co-stars. There seems to be a formula, if you make a movie together, then you must be dating in real life.

"I don't

know who starts those rumours but I'm learning to ignore them."

Aniston famously dated Vince Vaughn while making and promoting The Break-Up, but split from him soon after.

METRO NEWS SERVICES



Follow these celebrities on Twitter...

### CelebTweets

**KATY PERRY** used to get excited by fumigation, **ELIZABETH TAYLOR** is defending Kathy Ireland, and **JONATHAN ROSS** doesn't want to hurt his dogs.

@katyperry When you were kid did you ever mistake those houses that had termite coverings on them... As the circus came to town? I did.

@DameElizabeth

I heard that some scum magazines, print and internet trashed Kathy Ireland on Oscar Red Carpet night. These rags said, to quote them, "She was either stoned or drunk and looked pregnant" — what???? They must be the ones on drugs.

@wossy

Are sausages bad for dogs? We have left overs from last night — They love 'em but I heard someone tsk once when I gave a bit to Pickle.

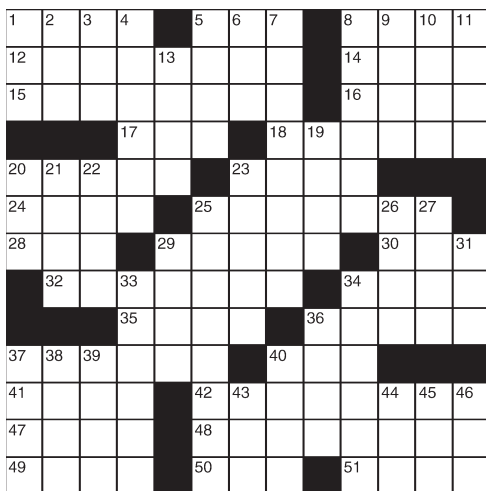
METRO NEWS SERVICES



PT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/15/10	265	353	2	TVO	The Museum	The Museum	The Agenda With Steve Paikin	Midsomer Murders	Lost Kingdoms of Africa (N)	Agenda-Paikin		
	211	331	3	GTV	Entertainment	ET Canada	House "Black Hole" (N)	24 (HDTV) (N)	Brothers & Sisters (N)	News Hour		
	-	5	SRC	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)	Les Boys (SC)	C.A. (N) (SC)	Le Téléjournal Nouvelles (SC)	La Zone (SC)		
	209	342	6	CHRO	Degrassi: TNG	TMZ (N)	Castle (HDTV)	Gossip Girl (HDTV) (N)	Law & Order (HDTV) (N)	Comedy Now		
	196	311	7	CTV	etalk	Access H.	Hiccups (N)	Dan for Mayor	Two/Half Men	Big Bang Th	CSI: Miami (HDTV)	CTV News
	208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	18 to Life (N)	Little Mosque	Hockeyville on CBC: 2010	CBC News: The National	The Hour	
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	Chuck (HDTV) (N)	Trauma "Protocol" (N)	Law & Order (HDTV) (N)	News		
	117	173	10	TV	Rachid	MI	Yamaska (HDTV) (N) (SC)	Toute la vérité (N) (SC)	TVA nouvelles	(10:45) Denis Lévesque		
	-	11	QS	Big Brother QC	Rire et délire	Carnets d'expédition	CSI: NY "Tris sélectifs" (SC)	Le Mentaliste (N) (SC)	L'Attaque à 5 N	Big Brother QC		
	137	763	12	TFO	Panorama	How I Met	Engagement	Les Volcans (1996, Drame) Daniel Auteuil, Catherine Deneuve	Two/Half Men	Big Bang Th	CSI: Miami (HDTV)	Bibliotheca
	-	362	13	CBS	The Insider (N)	Judge-Brown	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men	King/Queens	Cold Case
	216	395	14	OMNI	Family Guy	Family Guy	Omni News: Italian Edition (N)	How I Met	How I Met	Trauma "Protocol" (N)	Chuck (HDTV) (N)	News
	214	344	15	CITY	Law and Order	The Office	Omni News: Italian Edition (N)	Vivere V	Omni News:	Law & Order: Criminal Intent	Metropia	
	218	345	18	CHCH	Laws of Attraction ** (2004, Romance-Comedy)	20/20 (HDTV) Behind the scenes of "The Bachelor" (N)	Reality Bites ** (1994, Drama) Winona Ryder, Ethan Hawke	The Bachelor: (N)	Castle (HDTV)	Revue	Periodic-quest.	
	-	361	20	ABC	Action News	Entertainment	Heure polit.	L'Heure politique	100 Huntley Street	Life Today	This Is Day	John Hagee
	512	396	24	CPAC	La Période de questions	Little House on the Prairie	House "Black Hole" (N)	The Powder & the Glory	Two/Half Men	Big Bang Th	CSI: Miami (HDTV)	CTV News
	651	355	25	CTVS	Wizards-Place	Suite Life	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	mmtop10.ca	Behind the Music
	-	365	36	FOX	TMZ (N)	Seinfeld	Wings-Canada	Access H.	Hiccups (N)	Dan for Mayor	Two/Half Men	Big Bang Th
	-	64	PBS	Business Rpt.	Wings-Canada	Access H.	Antiques Roadshow	Connect with Mark Kelley (N)	Campbell Brown (N)	The Rookies	Skiing	Grands reportages (SC)
	205	312	104	CTV	etalk	Access H.	Hiccups (N)	Dan for Mayor	Two/Half Men	Big Bang Th	CBC News: The National	Larry King Live (N)
	502	390	26	NW	The Lang & O'Leary Exchange	Situation Room-Wolf Blitz	Skiing FIS Ski Cross.	24 Heures en 60 minutes	That's Hockey! Interruption	World Poker Tour: Season 7	NHL Pregame	NHL Hockey Detroit Red Wings at Calgary Flames.
	400	500	33	CNN	Situation Room-Wolf Blitz	Skiing FIS Ski Cross.	24 Heures en 60 minutes	That's Hockey! Interruption	World Poker Tour: Season 7	NHL Pregame	NHL Hockey Detroit Red Wings at Calgary Flames.	(9:15) WWE Monday Night RAW With Michael Cole and Jerry Lawler.
	406	417	27	net	Skiing FIS Ski Cross.	24 Heures en 60 minutes	That's Hockey! Interruption	World Poker Tour: Season 7	NHL Pregame	NHL Hockey Detroit Red Wings at Calgary Flames.	(9:15) WWE Monday Night RAW With Michael Cole and Jerry Lawler.	Oper. Repo
	411	403	52	SCR	RaceNight	NASCAR	NASCAR Hub	Fast Track to Fame (HDTV)	Oper. Repo	Oper. Repo	NASCAR	What's Deal?
	417	406	59	SC	NASCAR	NASCAR Hub	Fast Track to Fame (HDTV)	Oper. Repo	Oper. Repo	Oper. Repo	NASCAR	What's Deal?
	554	544	48	TEL	Scooby-Doo! The Mystery Begins (2009, Comedy)	Suite Life	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	mmtop10.ca	Behind the Music
	551	542	65	YTV	iCarly	Scorpion	Intervention "Sharon"	TNA Epics "X-Division" (N)	Ultimate Cake Off (N)	Cake Boss	Cake Boss	Our Little Life
	570	580	29	MM	The Daily Fix	Criminals Minds (HDTV)	UFC Unleashed	Our Little Life	Our Little Life	Ultimate Cake Off (N)	Cake Boss	Cake Boss
	616	521	39	SHO	Relic Hunter	Ballet Victoria, A Leap of Faith	Daily Planet (N)	Due South	Rich Bride Poor Bride	Air Farce	22 Minutes	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	Star Trek: Voyager	Cribs	Wipeout (N)	Greatest Tank Battles	Toujours plus grand (HDTV)	Eyes Down
	602	528	50	SPC	Stargate Atlantis	DVS)	Star Trek: Voyager	Cribs	Wipeout (N)	Greatest Tank Battles	Toujours plus grand (HDTV)	Eyes Down
	601	566	53	MTV	Peak Season	Cribs	Wipeout (N)	Greatest Tank Battles	Toujours plus grand (HDTV)	Eyes Down	Wait for God	How Clean Is
	618	524	54	TROP	Re-Vamped	(6) Death or Canada	Biographies "Christian Slater"	261	394	61	V	Supernanny
	522	506	55	HIS	(6) Death or Canada	Biographies "Christian Slater"	261	394	61	V	Supernanny	Shaputuan
	129	773	60	CD	Biographies "Christian Slater"	261	394	61	V	Supernanny	Shaputuan	Look-A-Like
	261	394	61	V	Murder, She Wrote	261	394	61	V	Supernanny	Shaputuan	Look-A-Like
	269	350	70	APTN	Mishkuentia	Shaputuan	269	350	70	APTN	Mishkuentia	Shaputuan
	621	527	71	TLK	Look-A-Like	TMZ	603	561	95	FN	Ricardo	David Rocco

For more delicious Metro recipes, visit: [metronews.ca/food](http://metronews.ca/food)

## Take Five



## ACROSS

1 Odds and —  
5 Cigar residue  
8 Campus hangout  
12 Hawaiian volcano  
14 — Minor (constellation)  
15 Kathleen of the Obama cabinet  
16 Hebrew month  
17 Sternward  
18 Unexpected  
20 Winter garment  
23 Dalmatian detail  
24 Cause a surfeit  
25 Ken of the Obama cabinet  
28 — Aviv  
29 Felonious monk in "The Da Vinci Code"  
30 Ump  
32 Hillary of the Obama cabinet  
34 Scallopini meat

35 Rotate  
36 Private journal  
37 Sushi condiment  
40 — relief  
41 Bottom of a boat  
42 Timothy of the Obama cabinet  
47 Needle case  
48 Famous aria from "Carmen"  
49 Spiritual discipline  
50 Bath locale  
51 Mormon state

## DOWN

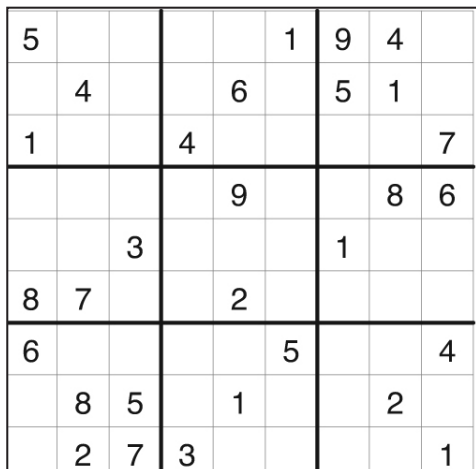
1 Type squares  
2 Dundee denial  
3 Fix the soundtrack  
4 Furtive  
5 Settled down  
6 Old French coin  
7 Knows what to do, maybe  
8 Watch crystal, maybe  
9 Language of Pakistan  
10 Pronto, on a

memo  
11 Blowgun ammo  
13 — Romeo (sports car)  
19 Feathery neckwear  
20 Portion (Abbr.)  
21 Guinness or Baldwin  
22 Hot dog holder  
23 Chic shop  
25 Be acceptable  
26 Vicinity  
27 Posterior  
29 Cold-shoulder  
31 Aviate  
33 Roma's land  
34 Hindu preserver god  
36 Information  
37 Curds' partner  
38 Car  
39 Hit hard  
40 Lettuce variety  
43 Water (Fr.)  
44 Trawler need  
45 Historic time  
46 "Go, team!"

## Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



## PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



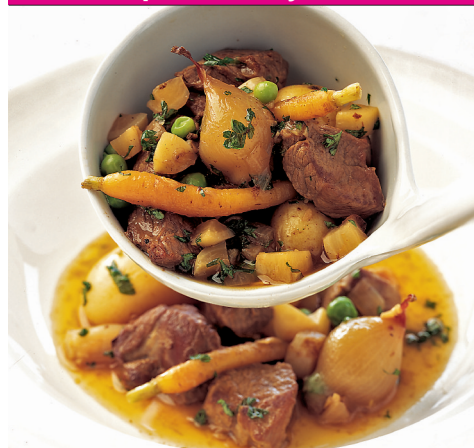
## On the web

For more games and 60 additional daily cartoon strips, visit [metronews.ca](http://metronews.ca)

IT WAS SUPPOSED TO BE "BIG BROTHER IS WATCHING YOU." IT'S MORE LIKE A BUNCH OF LITTLE ONES ARE.



## Metro Recipe of the Day



## Irish Stew

## INGREDIENTS:

2 tsp olive oil  
1 large onion, chopped  
1 garlic clove, finely chopped  
500 g lean boneless leg of lamb, trimmed and cut into cubes  
1/2 cup dry white wine  
2 cups reduced-sodium chicken broth  
1 bay leaf  
1 sprig fresh thyme  
1 kg baby new potatoes, scrubbed  
250 g baby carrots  
1 cup peeled pearl onions  
1 small turnip, diced  
1 cup frozen peas  
2 tbsp chopped parsley  
Salt and pepper.

## METHOD:

11. Preheat oven to 350°F (180°C). Heat oil in large flameproof casserole, add chopped onion and garlic and cook, stirring, until softened, 5 minutes. Add lamb and cook until

browned on all sides, 5 minutes.

2. Add wine, broth, bay leaf, thyme, potatoes, carrots and pearl onions. Season with salt and pepper. Bring to boil, then cover and transfer to oven. Cook 1 hour.

3. Add turnip and stir. Cover again and continue cooking until meat and vegetables are tender, 30 to 45 minutes, adding peas 10 minutes before end of cooking time.

4. Add parsley and stir well. Taste and season again if needed. Serve hot.

SERVES 6

## rd.ca

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)

## ARIES

MARCH 21-APRIL 20



Your nerves may be a bit on edge today but it won't be long before the crisis passes. Eventually will wonder how you managed to get so worked up over nothing.

## LIBRA

SEPT 23-OCT 23



Something to do with your working routine is about to be change but it won't be that bad. Why? Because you know how to adapt.

## TAURUS

APRIL 21-MAY 21



What you want you cannot have and what you have you don't really want. The grass isn't always greener on the other side of the fence.

## SCORPIO

OCT 24-NOV 22



Whatever your desires and your fantasies may be you are encouraged to indulge them to the full today. Live for the moment.

## GEMINI

MAY 22-JUNE 21



We all have big ideas but some big ideas are best left on the drawing board. Today there is a smaller idea that will bring you all the rewards you desire.

## SAGITTARIUS

NOV 23-DEC 21



You are smart enough to realize there are times when it is necessary to let others win, and this appears to be one of them.

## CANCER

JUNE 22-JULY 22



What catches your eye today may look like the answer to your prayers. By all means start something new but make sure you are able to finish it.

## CAPRICORN

DEC 22-JAN 20



Today's new moon will endow you with all the chat and charm you need to win new friends and influence people.

## LEO

JULY 23-AUG 23



Today's new moon in the wealth area of your chart means you need to get your hands on some serious money.

## AQUARIUS

JAN 21-FEB 18



The planets are sending you this important message: what you took for granted in the past cannot be taken for granted in the future.

## VIRGO

AUG 24-SEPT 22



A new moon in your opposite sign of Pisces suggests that your most important relationship will reach new levels of understanding over the next 24 hours.

## PISCES

FEB 19-MARCH 20



A new moon in your birth sign makes this the perfect day to start being that person you always wanted to be. You WILL succeed now.

FLIGHT CENTRE *Unbeatable*

Alaska 7-Night Cruise

\$359

Celebrity Millennium

+ taxes &amp; fees \$183

CRUISE from Anchorage/Seward to Vancouver and visit Ketchikan, Icy Strait Point, Juneau and cruise to Hubbard Glacier. Sails May 21/cel.

1 866 720 4853 | [flightcentre.ca](http://flightcentre.ca)

Conditions apply. Ex: Ottawa. Cruise price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. cel=celebrity. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations: ONT. REG #4671384

## LINGERIE SALE

Selected items 20%-50% OFF  
including corsets, bustiers, babydolls, bras and more



Lingerie

Adult Toys

1239 Wellington St. 613-761-6060

[tuesdaystheromancestore.com](http://tuesdaystheromancestore.com)

Join our FACEBOOK page

## This day in history

44 BC: Julius Caesar is stabbed to death by several Roman senators on the Ides of March.  
1493: Christopher Columbus returns to Spain after his first trip to the Americas.  
1776: South Carolina becomes the first American colony to declare its independence from Great Britain and set up its own government.  
1953: International Flying Saucer Bureau declares first World Contact Day.  
1985: The first Internet domain name is registered (symbolics.com).

METRO NEWS SERVICES



# MEGA

AUTOMOBILE.com

# 800+ USED VEHICLES ONSITE & ON LINE!

#1 USED VOLUME  
DEALER AROUND!

IF WE DON'T HAVE IT,  
YOU DON'T NEED IT!

1st PAYMENT DUE IN 90 DAYS<sup>†††</sup>

www.megaautomobile.com

**\$1000**  
CASH BACK  
ON SELECT VEHICLES

See Mega for details.

## 09 Dodge Avenger

• Load, A/C,  
Auto  
• st: 29146  
• km: 49128  
**\$11,850**  
\$103\*\*\*  
Bi-weekly



## 08 Prius Hybrid

• Load, A/C,  
Auto  
• st: 28330  
• km: 81618  
**\$18,850**  
\$148\*\*\*  
Bi-weekly



## 06 Lincoln Zephyr

• Load, A/C,  
Lthr  
• st: 29014  
• km: 56801  
**\$17,850**  
\$184\*\*\*  
Bi-weekly



## 07 Benz B200

• Load,  
A/C  
• st: 29011  
• km: 36407  
**\$19,840**  
\$176\*\*\*  
Bi-weekly



## 06 Honda CR-V

• 4WD, Load,  
A/C  
• st: 28602  
• km: 100596  
**\$15,450**  
\$159\*\*\*  
Bi-weekly



## 08 KIA Sorento

• Load, A/C,  
Auto  
• st: 28495  
• km: 19332  
**\$19,850**  
\$156\*\*\*  
Bi-weekly



## 07 Honda Civic

• Load, A/C,  
Std  
• st: 28865  
• km: 77988  
**\$13,850**  
\$123\*\*\*  
Bi-weekly



## 09 Elantra GLS

• Load, A/C,  
Auto  
• st: 28742  
• km: 33159  
**\$13,950**  
\$110\*\*\*  
Bi-weekly



**GREAT VEHICLES UNDER  
\$10,000**

## 07 Matrix XR

• Load, A/C,  
Auto  
• st: 26930  
• km: 57850  
**\$15,980**  
\$142\*\*\*  
Bi-weekly



## 06 Nissan Murano S

• AWD, Load,  
A/C  
• st: 28931  
• km: 71266  
**\$19,950**  
\$206\*\*\*  
Bi-weekly



## 08 KIA Rondo EX

• Load, A/C,  
Auto  
• st: 28667  
• km: 44300  
**\$14,950**  
\$117\*\*\*  
Bi-weekly



## 06 Jaguar X-Type 3.0

• AWD, Load,  
Roof, Lthr  
• km: 63233  
**\$23,870**  
\$246\*\*\*  
Bi-weekly



## 05 Toyota Echo

• Std  
• st: 29111  
• km: 83842  
**\$6,450**  
\$72\*\*\*  
Bi-weekly



## 05 Pontiac Montana

• Load,  
A/C  
• st: 90564-B  
• km: 76478  
**\$9,450**  
\$105\*\*\*  
Bi-weekly



## 05 Saturn VUE V6

• Load,  
A/C, Auto  
• st: 28165  
• km: 61892  
**\$12,650**  
\$130\*\*\*  
Bi-weekly



## 09 Sienna LE

• Load,  
A/C  
• st: 28371  
• km: 36415  
**\$27,880**  
\$219\*\*\*  
Bi-weekly



## 07 Mazda3

• A/C,  
Auto  
• st: 29056  
• km: 66923  
**\$11,650**  
\$113\*\*\*  
Bi-weekly



## 08 Grand Caravan

• Slow N Go,  
Load, A/C  
• st: 28835  
• km: 63025  
**\$15,850**  
\$124\*\*\*  
Bi-weekly



## 08 KIA Spectra

• Load, A/C,  
Auto  
• st: 28902  
• km: 62671  
**\$9,980**  
\$124\*\*\*  
Bi-weekly



## 05 Malibu MAXX LT

• Load, A/C,  
Auto  
• st: 90564-B  
• km: 76478  
**\$8,950**  
\$100\*\*\*  
Bi-weekly



## 06 Honda Pilot EX

• 4WD, Load,  
A/C  
• st: 28586  
• km: 78558  
**\$24,850**  
\$256\*\*\*  
Bi-weekly



## 07 Corolla CE

• Load, A/C,  
Auto  
• st: 28667  
• km: 49461  
**\$12,860**  
\$114\*\*\*  
Bi-weekly



## 07 Ford F-150 Triton

• 4x4, Load,  
A/C  
• st: 29173  
• km: 126731  
**\$15,860**  
\$141\*\*\*  
Bi-weekly



## 05 Pontiac Vibe

• 4 snow tires,  
A/C  
• st: 28271  
• km: 82608  
**\$10,550**  
\$117\*\*\*  
Bi-weekly



## 05 Nissan Sentra SE

• Load,  
A/C  
• st: 28859  
• km: 101393  
**\$6,840**  
\$76\*\*\*  
Bi-weekly



## 06 Pontiac G6

• Load, A/C,  
Auto  
• st: 28959  
• km: 71693  
**\$9,350**  
\$104\*\*\*  
Bi-weekly



## 07 Mazda CX-7 Sport

• AWD, Load,  
A/C  
• st: 28707  
• km: 62279  
**\$21,860**  
\$194\*\*\*  
Bi-weekly



## 05 Pathfinder

• 4WD, Load,  
A/C  
• st: 28161  
• km: 99339  
**\$20,670**  
\$213\*\*\*  
Bi-weekly



## 08 Nissan Versa

• Load, A/C,  
Auto  
• st: 28669  
• km: 57882  
**\$11,950**  
\$104\*\*\*  
Bi-weekly



## 07 Nissan Xterra

• 4WD, Load,  
A/C  
• st: 28383  
• km: 61835  
**\$23,850**  
\$212\*\*\*  
Bi-weekly



## 08 Suzuki Swift

• Auto,  
A/C  
• st: 29221  
• km: 55490  
**\$8,950**  
\$78\*\*\*  
Bi-weekly



## 08 Cobalt LS

• A/C,  
Auto  
• st: 29140  
• km: 61031  
**\$8,750**  
\$76\*\*\*  
Bi-weekly



## 08 Santa Fe GLS

• 4WD, Load,  
A/C, Auto  
• st: 28374  
• km: 61951  
**\$20,950**  
\$164\*\*\*  
Bi-weekly



## 09 Lancer

• Load, A/C,  
Auto  
• st: 29105  
• km: 25849  
**\$14,950**  
\$117\*\*\*  
Bi-weekly



## 07 Honda Accord

• Load, A/C,  
Auto  
• st: 26400  
• km: 64120  
**\$17,950**  
\$159\*\*\*  
Bi-weekly



## 06 Impala LT

• Load,  
A/C  
• st: 27601  
• km: 47157  
**\$11,960**  
\$133\*\*\*  
Bi-weekly



## 08 Hyundai Accent

• Auto,  
A/C  
• st: 29194  
• km: 69385  
**\$8,450**  
\$74\*\*\*  
Bi-weekly



## 05 Pontiac Wave

• Load,  
A/C  
• st: 27575  
• km: 74681  
**\$6,960**  
\$77\*\*\*  
Bi-weekly



## 06 Sebring LTD Convert

• Load, A/C,  
Lthr, Auto  
• st: 27530  
• km: 61940  
**\$14,980**  
\$154\*\*\*  
Bi-weekly



## 09 Altima 2.5S

• Load, A/C,  
Auto  
• st: 28318  
• km: 32852  
**\$19,850**  
\$156\*\*\*  
Bi-weekly



## 06 Mazda5

• Load, A/C,  
Roof, Std  
• st: 29091  
• km: 77346  
**\$10,650**  
\$119\*\*\*  
Bi-weekly



## 06 BMW 325 XI

• Load, A/C,  
Auto  
• st: 28306  
• km: 68321  
**\$29,950**  
\$309\*\*\*  
Bi-weekly



## 07 Toyota Yaris

• Std  
• st: 29044  
• km: 77412  
**\$8,350**  
\$81\*\*\*  
Bi-weekly



## 05 Saturn Relay

• Load,  
A/C  
• st: 29062  
• km: 77391  
**\$9,340**  
\$104\*\*\*  
Bi-weekly



## 07 Honda Fit

• Load, A/C,  
Auto  
• st: 29062  
• km: 77391  
**\$10,970**  
\$107\*\*\*  
Bi-weekly



## 08 Sonata

• Load, A/C,  
Auto  
• st: 28354  
• km: 64132  
**\$12,850**  
\$101\*\*\*  
Bi-weekly



Are you employed  
by Federal, Provincial or  
Municipal Government?

If YES, Finance your next vehicle with us and receive  
the equivalent amount of our bank commission of

**\$500**

www.megaautomobile.com

LARGEST USED CAR DEALER IN EASTERN ONTARIO AND WESTERN QUEBEC

1261 St. Joseph Boulevard North, Gatineau, Quebec 819-770-2277

Monday - Friday 9am-9pm . Saturday 9am-5pm . Sunday 10am-4pm

Disclaimer: Bi weekly payments include taxes.  
Vehicles may not be exactly as shown. Freight  
and reconditioning (if any) included. \*Prices  
do not include taxes and license. \*\*60 month  
(130 payments) \*\*\* 72 months (156 payments)  
at 8.9% annual rate (OAC) \$0 down. \*\*\*  
OAC for 84 months (182 payments) at 8.9%  
(minimum \$10,000) all included, \$0 down.  
\*\*\*\* OAC minimum \$10,000 financing 12 to  
84 months of fixed rate starting at 8.9% open  
loan 2nd chance financing not eligible for  
\$500 bank commission (Wells, Fargo, HSBC).  
† Get \$1000 cash back on selected vehicles  
with our dealer plan financing. One coupon  
per customer. †† No payments for 90 days  
applies to purchase finance offers. Some  
restrictions apply. Details at Mega Automobile.